

Positive Alternatives 2017 - 19 Quarterly Update

Grantee (Name and city): YWCA of Duluth

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Goal: To provide necessary services, prenatal/postpartum case management, housing, education, referral, advocacy, and etc in Duluth and surrounding areas.

For the period/quarter: October 1, 2017-December 31, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Recruit, hire, and train 'Case Manager II' position. Provide training and support to grant funded staff. Attend Grantee Meetings. Complete all required grant reporting and data collection.		This quarter our program struggled with staffing issues. Several overnight staff resigned, and it took several weeks to hire new youth advocates. Transitions in staffing created increased workloads for Case Managers and Director and additionally was deregulating for residents. The lack of staff and increased workloads didn't allow for any trainings or personal development opportunities for current staff.	
Outreach	Maintain program waiting list and provide any needed assistance or advocacy to women on the list. Provide ongoing community education opportunities for women not in residential program, maintain visibility in the community, collaborate with community service providers, and expand outreach and advocacy services to women that utilize the YWCA Early Childhood Education Center.		Residential program continues to have a wait list of young women needing housing. Women on wait list work with Case Manager II and Housing Program manager to complete ' <i>Necessary Services Intake</i> '. Referrals are given immediately if we are unable to offer housing, as well as, programming opportunities, basic need items, and assistance applying for mainstream benefits.	

Car Seat Program	Provide car seat education; provide car seats for women.	5	Ten participants received 'Car Seat Education' from state certified trainer, 2 participants received car seats this quarter	10 Education 2 Car seats
Case Management Services	Residents of the Young Mother's Program will meet with Housing Case Manager weekly to work on Independent Living Skills Plans, goal setting, assessments, resource, referrals and advocacy services.	21	Seven participants of Young Mothers Program received one hundred and 12 units of individual case management services with Housing Program Manager.	112
Case Management – Prenatal & Postpartum	Young Mothers Program residents, former residents, wait list participants, and eligible women utilizing the YWCA Early Childhood Education Center, meet with Case Manager II (bi-weekly). Assistance/support attending prenatal appointments, birth plans, prenatal education, postpartum meetings.	40	Seventeen women received one hundred and thirty six units of individual Pre/Post natal health & wellness case management. This includes developing birth plans, meeting with Public Health Nurses, providing support as women access prenatal healthcare, etc.	136
Childcare	Provide assistance with securing safe and affordable child care; provide child care assistance in specified circumstances.	5	5 participants received assistance enrolling their infant in Early Childhood Education Program, as well as, assistance completing CCAP & Families First Scholarship Applications to assist with paying for child care. Remaining participants already enrolled in center.	5
Crib Distribution/ Sleep Safety Education	Provide pack and plays; provide sleep safety education to all housing program participants and offer quarterly sleep safety education to outreach participants.	5	Seven program participants received SUID's education. Three pack and plays were distributed to participants this quarter.	7 education 3 pack & plays

Education Assistance	Provide daily tutoring services; provide education planning assistance; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours.	5	Provided 5 participants with education assistance, including college tours. Homework help & tutoring, access to technology needed to complete online work.	5
Employment Assistance	Provide employment assistance to clients; work search, advocacy at workforce center, employment program, assist with applications, resumes, & mock interviews.	5	3 participants received assistance applying for employment. Uniforms were provided when needed.	3
Financial Assistance	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs.	5	Nine participants received assistance and ongoing support with completing necessary applications and monthly income reports for government assistance, in addition to child care assistance application.	9
Housing Assistance	Women develop a plan that includes how they will support an apartment financially, what to do if they have a poor renter's history, credit counseling, and how to access other resources. Program manages and maintains 7 efficiency apartments and operates as 'Supportive Housing' program for women (ages 16-21) and children (birth-5). Collaborates with local HRA (Housing Authority) to provide access to affordable housing upon completion of program.	5	Seven participants received ten units (hours) of 'Rent Wise' housing curriculum and education. Additionally, 1 resident received assistance and advocacy as she worked with management company on transitioning to independent living.	8

Life-Skills Education Program	Provide all participants in residential program with Ansell-Casey Life Skills Assessment. Work with individuals to create Independent Living Skills Plan and goal setting, based off of needs gathered in assessment (housing, parenting, healthy support systems, health & wellness, transportation, employment, education, and etc). Residents will participate in at least 2 groups each week.	42	Fourteen program participants received four hundred and forty eight units (hours) of life skill education this quarter. Education opportunities were provided 2x every week and focused on nutrition, budgeting, child growth and development, housekeeping, and healthy relationship building.	448
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources.	5	Fourteen program participants received basic need support on site. Seventeen were also offered referrals to additional community resources.	31
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment.	5	Ten participants completed PHQ-9 screening for depression. Six of those with lower scores participated in individual prenatal/postpartum programming with Case Manager II. Participants with higher/acute scores were referred out for therapeutic services.	10
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed. In addition, cooking, food preservation, and budgeting programming will be provided monthly.	5	Seven participants received 7 weeks of nutrition education programming this quarter. Participants toured local whole foods co-op, enrolled and attended cooking classes, created food budgets, and received assistance filling out scholarship application for local YMCA.	49
Parenting Education	Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; child abuse prevention, Abusive Head Trauma (AHT), as well as, provide assistance in enrolling children in Early Childhood Center and Head Start Program.	51	Nine participants received one hundred and forty four units of parenting education this quarter. Infant growth and development was explored with educators from ECFE, seven of the above nine also received child abuse prevention education, stress reduction, and AHT. Massage therapist students came and taught baby massage.	144

Pregnancy Testing/ Education	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness.	1	3 participants received support as they attended prenatal appointments, attended birthing classes to prepare for childbirth, and developed birth plans.	3
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals.	7 -8	Seventeen women completed 'Necessary Services' intakes, all of these women received immediate referrals to services that were outside the scope of programming.	17
Transportation	Provide transportation to and from appointments, bus passes, and assistance obtaining drivers licenses.	42	Participants received 800 units of transportation assistance, this was with either rides to appointments, school, etc or bus passes.	800

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	8
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	9
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	9
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	3
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	4

Challenges: As a program we continue to struggle with the turnover of overnight staff. This is difficult for both residents and staff, it is hard for residents to be able to build relationships with staff when they are unsure of how long they will be working. Not having the consistent, qualified, and empathetic staff available for overnights has increased the number of overnight shifts that Housing Program Manager, Director, and Case Manager II are working. This reduces the time able to be focused on staff development and training. This quarter will be focused on outreach and professional development for staff in addition to the work we are doing with participants.

Comments: